

Group IV Muscles

triceps brachii lateralis
 triceps brachii medialis
 triceps brachii longus
 biceps brachii
 brachialis
 brachioradialis
 extensor carpi radialis brevis

extensor carpi radialis longus
 extensor digitorum communis
 extensor digitorum lateralis
 extensor carpi ulnaris
 pronator teres
 flexo carpi radialis
 palmaris longus

Muscle Identification**Figure IVa – Superficial Arm Muscles (lateral surface)**

1. triceps brachii longus
2. triceps brachii lateralis (reflected)
3. triceps brachii medialis
4. brachialis
5. anconeus
6. brachioradialis
7. extensor carpi radialis longus
8. extensor digitorum communis
9. extensor digitorum lateralis
10. extensor carpi ulnaris
11. spinodeltoid
12. infraspinatus
13. teres major
14. rhomboideus

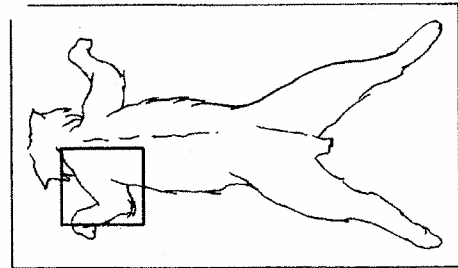
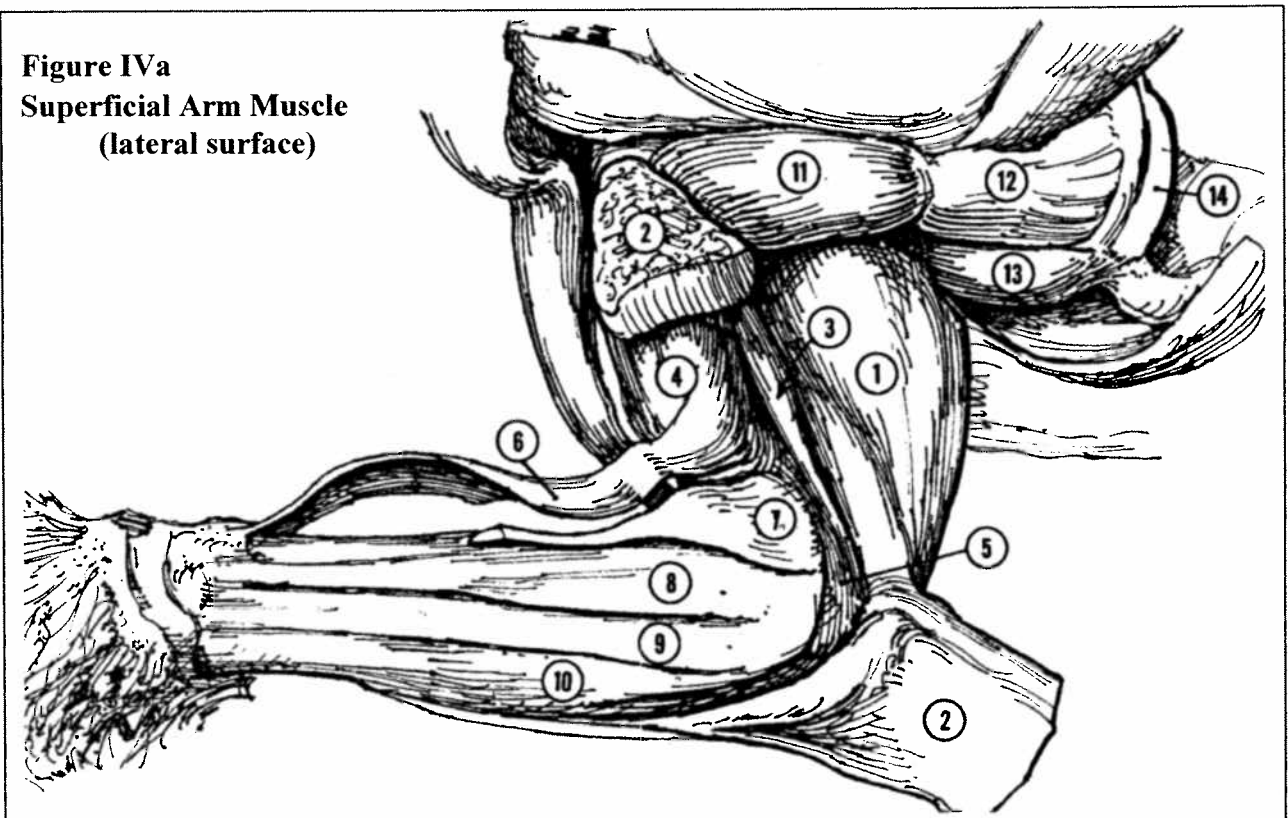


Figure IVa
Superficial Arm Muscle
(lateral surface)

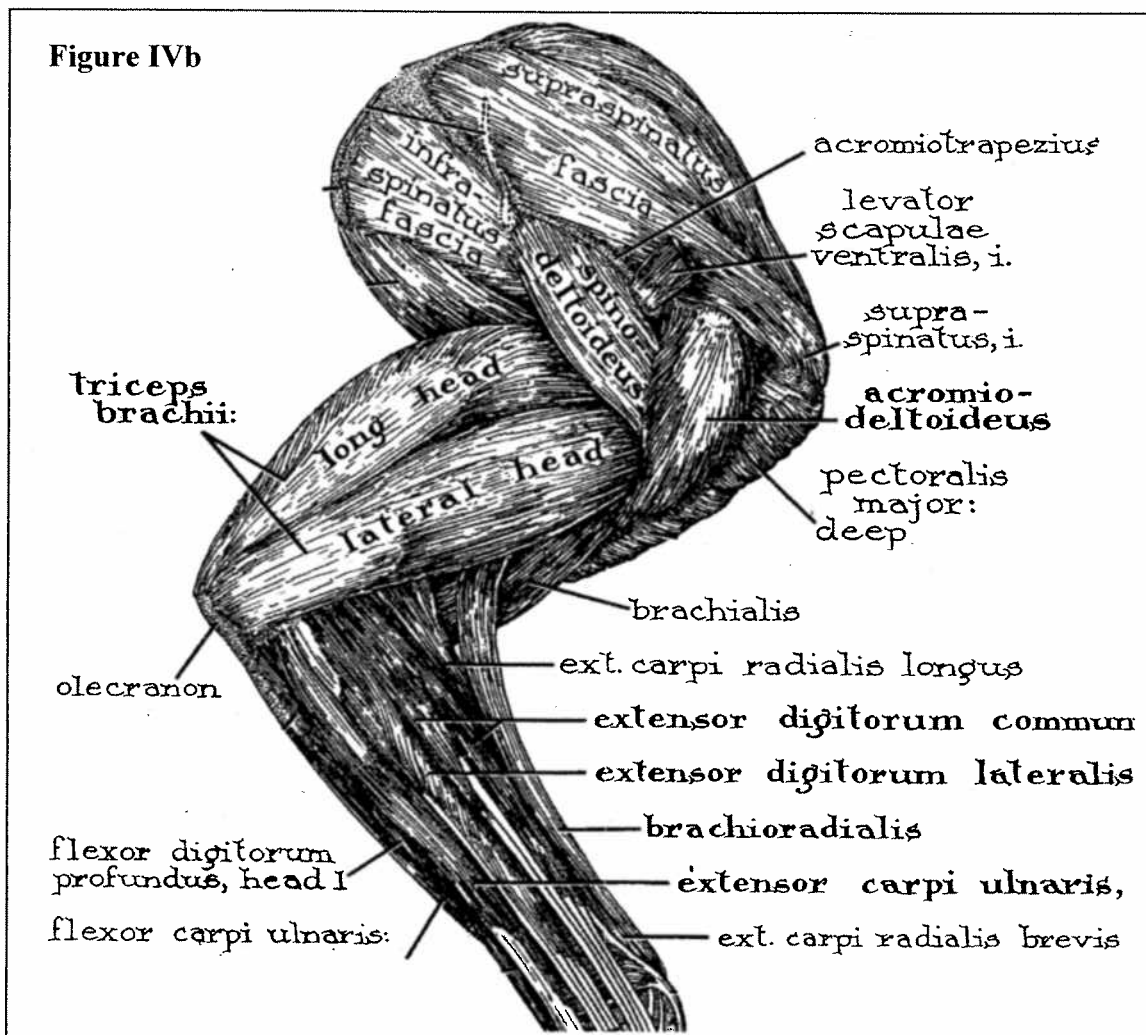


INSTRUCTIONS FOR DISSECTION: FIGURE IVA**Superficial Arm Muscles (lateral surface)**

Begin with the upper arm (Figure IVa). You have already dissected the clavodeltoid, which, though not an arm muscle, does cover the anterior surface. The largest superficial muscle in the upper arm is the *triceps brachii*. It is made up of three distinct muscles with three heads of origin, but it has only one point of insertion. The large mass over the posterior surface is the *long head* of the triceps. Lying next to it on the lateral surface is the *lateral head* of the triceps. Free each of these muscles between origin and insertion and then transect the lateral head of the triceps. Pull back the cut ends to reveal the smaller *medial head* of the triceps and next to it the *brachialis*, as seen in (Figure IVa).

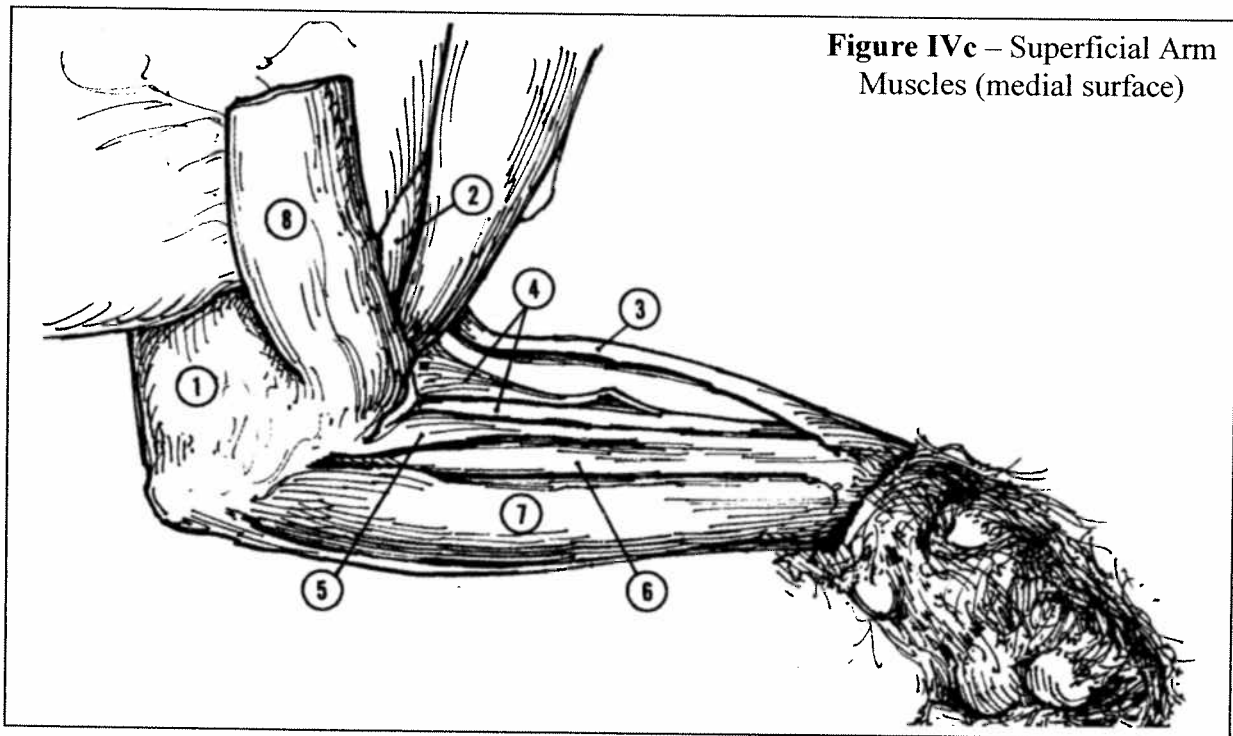
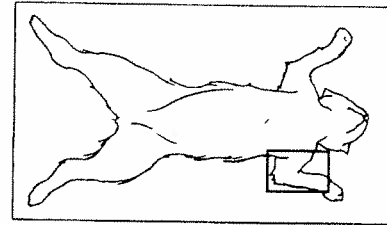
Distal to the triceps medial head is an L-shaped muscle surrounding the elbow, the *anconeus*. The anconeus need not be dissected, but merely observed. It is usually darker in color than the surrounding muscles, which helps in locating it.

In the lower arm dissect only the superficial muscles. An extension from the brachialis of the upper arm is the *brachioradialis*. The muscles next to the brachioradialis in order are the *extensor carpi radialis*, the *extensor digitorum communis*, the *extensor digitorum lateralis*, and the *extensor carpi ulnaris*.



Muscle Identification**Figure IVc – Superficial Arm Muscles (medial surface)**

1. *epitrochlearis*
2. *biceps brachii*
3. *brachioradialis*
4. *extensor carpi radialis* (longus and brevis)
5. *pronator teres*
6. *flexor carpi radialis*
7. *palmaris longus*
8. *pectoantebrachialis*

**Figure IVc – Superficial Arm Muscles (medial surface)****INSTRUCTIONS FOR DISSECTION – Superficial Arm Muscles (medial surface)**

The medial surface of the upper arm (**Figure IVc**) is almost entirely covered by a broad, flat sheet of muscle, the *epitrochlearis* (absent in humans). Dissect the *epitrochlearis* and you will find the somewhat convex *biceps brachii* muscle beneath the pectoral muscle.

In the lower arm begin at the anterior border with the *brachioradialis* previously observed (see **Figure IVc**). Lying next to it is the *extensor carpi radialis*, which has two parts: a shorter, somewhat triangular *extensor carpi radialis brevis* and beneath it the *extensor carpi radialis longus*.

The next superficial muscles to separate are the narrow *pronator teres* and next to it the *flexor carpi radialis*. The last muscle on the medial surface is the widest of the group and is called the *palmaris longus*.

